

Here's a simple and delicious mushroom gravy recipe:

Ingredients:

- **2 tbsp butter** (or olive oil for a vegan option)
- **1 medium onion**, finely chopped
- **2 cups mushrooms**, finely chopped or sliced (button, cremini, or a mix)
- **2 cloves garlic**, minced
- **2 tbsp all-purpose flour** (or cornstarch for gluten-free)
- **2 cups vegetable stock** (or beef/chicken stock for a non-vegetarian option)
- **1 tbsp soy sauce** (or tamari for gluten-free)
- **1/2 tsp dried thyme** (or 1 tsp fresh thyme)
- **1/4 tsp black pepper**
- **Salt to taste**
- Optional: **1/4 cup heavy cream** or a splash of plant-based milk for creaminess

Instructions:

1. Sauté Aromatics and Mushrooms:

- In a medium saucepan or skillet, melt the butter over medium heat.
- Add the onion and cook until softened and translucent, about 3-4 minutes.
- Stir in the mushrooms and cook for 5-7 minutes, stirring occasionally, until the mushrooms release their moisture and start to brown.
- Add the garlic and cook for 1 minute more.

2. Create the Roux:

- Sprinkle the flour over the mushrooms and stir well to coat evenly. Cook for 1-2 minutes to remove the raw flour taste.

3. Add the Stock:

- Gradually whisk in the vegetable stock to avoid lumps. Add the soy sauce, thyme, and black pepper.
- Bring the mixture to a simmer and cook, stirring often, for 5-7 minutes, until the gravy thickens.

4. Optional Creaminess:

- For a creamier gravy, stir in the heavy cream or plant-based milk and heat through.

5. Adjust Seasoning:

- Taste and add salt if needed. You can also add more soy sauce for depth or a pinch of sugar if it tastes too salty.

6. Serve:

- Pour the mushroom gravy over mashed potatoes, roasted vegetables, biscuits, or any dish that needs a savory boost.

Tips:

- For a smoother gravy, blend the mixture using an immersion blender before adding the cream.
- Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat gently before serving.

Enjoy your savory mushroom gravy! 

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